Twitter Thread by Dmitry Kats



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By flushing out the same inflammation that leads to depletion of the tryptophan pathway (which adjacently leads to depletion of serotonin) by all tryptophan depleting down to NAD+ in response to inflammation, niacin will quickly restore serotonin by restoring tryptophan.

@freedom9230 It’s not really “excess” serotonin produced but rather, previously depleting/deficient serotonin becoming rapidly restored once the inflammation that was depleting it is flushed out by niacin.

@freedom9230 Once inflammation is for the most part flushed out and thermodynamic energy transfer / metabolism / all auxiliary biochemistry are restored to more homeostatic states, supplemented niacin won’t affect tryptophan down to NAD+ or tryptophan to serotonin pathways.

@freedom9230 Instead, with continued dosing, sufficiently supplied niacin will then work as continued pump-action against any downstream inflammation / free radical electrons that manifest thereafter by turning into NAADP if needed... and any free intracellular niacin will be urinated out

@freedom9230 Does that make sense? Lol

@freedom9230 And note: I have come across a few individuals who experience this rapid-restoration of serotonin (and other neurotransmitters) that they’ve never felt before - this marked relative difference in how little serotonin they had now being restored fully at such a rapid pace

@freedom9230 Often this is mistakenly confused with an allergic reaction (it's not) or that these individuals can't handle niacin, thinking it's leading to this massive serotonin overload. In reality, it's just the experience of this relative marked difference between how little serotonin...

@freedom9230 ... they had as a result of it depleting b/c of ensuing inflammation versus its rapid restoration with sufficient niacin supply. Smaller doses can ease this sudden change (but you still want to make sure it's sufficient niacin to induce flush)..

@freedom9230 ... and very quickly with subsequent continued dosing, the serotonin won't need to restore (and certainly won't need to as rapidly as with the first flush), so those unwanted sensations of rapid serotonin restoration won't occur anymore as serotonin will be restored.

@freedom9230 And as noted, continue niacin dosing beyond the doses that flushed out most of this inflammation that was ensuing before niacin dosing, by shielding against further inflammation, will prevent depletion of serotonin (& keep it sufficient) among other compounds/biochemical pathways

@freedom9230 Some more...